

Grimes Parks & Recreation Department

Telephone: (515) 986-2143

Fax: (515) 986-3846

www.grimesiowa.gov



6v6 Youth Flag Football Tourney Rules

To Start Game:	Coin flip determines who receives ball first. Other team decides on direction they will go.
Schedule:	Games will be run every hour so be prepared to play at your scheduled time with limited warm-ups.
Coaches Role:	No more than two coaches are allowed on the field to provide offensive and defensive plays. Other coaches can handle substitutions or injuries on the sidelines.
Field Size:	<ul style="list-style-type: none">. Approx. 40 yards long. Includes 5 yard end zones. First down lines every 10 yards
Game Timing:	Two 20-minute halves (running clock until last 2 minutes of 2 nd half) 2 Time-outs are allowed per half 5-minute halftime or as needed 45 seconds between plays (approx.)
Overtime:	. If the score is tied at the end of regulation, each team will have the ball for four downs and a chance to score from the 10-yard line. The extra point will also be ran with the choice of a 1-pointer or 2-pointer. This play continues until a winner is determined.
Players:	<ul style="list-style-type: none">. At least three players must be on the line at the time of the snap.. Teams must provide their own matching jerseys. Mouthpieces are optional but recommended.
Playing the game:	<ol style="list-style-type: none">1. One team starts with the ball at the "X" just beyond the goal line. No kick-offs.2. Four downs to get to each first down line (10 yards apart).3. Scoring: 6 points for TD, 1 point XP from 3 yards, 2 point XP from 6 yards, safety 2 pts.4. Scores are recorded and taken to the director for posting.5. If team is leading by more than 35 points, the last two minutes will be running clock.
Running	<ul style="list-style-type: none">. The quarterback can only run on designed run plays such as keepers, bootlegs, or option plays.. <u>Once the ball has been handed off, defensive players are eligible to rush, otherwise no rushing QB.</u>. Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving), no stiff arming or defending your flag. Ball will be spotted at that point.. The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.
Receiving	<ul style="list-style-type: none">. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).. Only one player is allowed in motion at a time.. A player must have at least one foot inbounds when making a reception.
Passing	<ul style="list-style-type: none">. All passes must be forward and received beyond the line of scrimmage.. The QB has 5 seconds to pass the ball. If they don't, the play is ruled as an incomplete pass. The QB <u>can't</u> run after that 5-second clock is up.
Dead Balls	<ul style="list-style-type: none">. The ball must be snapped between the legs, not off to one side, to start play. If ball touches ground, it's a dead ball at the spot of the ball hitting the ground.. *Note: There are no fumbles. The ball is spotted where the ball hits the ground.. Substitutions may be made on any dead ball.. Play is ruled dead when: Ball carrier's flag is pulled, Ball carrier steps out of bounds.. Touchdown or safety is scored, Ball carrier's knee hits the ground, Ball carrier's flag falls off.
Defense	<ul style="list-style-type: none">. Lines up 1 yard away from offense on all plays.. <u>Once the ball has been handed off, defensive players are eligible to rush, otherwise no rushing QB.</u>. Defense should try to go around blockers instead of through them. Penalties will be called on excessive pushing or shoving.
Offensive Blocking	<ul style="list-style-type: none">. It is illegal to initiate contact using any part of the body. You may legally obstruct an opponent using a Screen Block. Screen blocking shall take place with as little contact as possible. The blocker shall have their hands and arms across their chest, in tight, or behind their back. A screen blocker cannot use their hands, arms, elbows, legs, or body to initiate contact. If they do initiate contact it will be called Illegal Contact and penalized 10 yards. No drive blocking or pushing is allowed.

Spotting the Ball	<p>. Four downs to get to each first down line.</p> <p>. If the offense does not succeed in getting a first down, the ball is then spotted on the defensive team's "x" at the other end of the field, and then takes over on offense.</p>
Officials:	<p>. One adult official will be assigned to each field to start the game, spot the ball, and monitor the game as needed. This is still a learning experience so penalties will be called and explained. These are not certified officials but adults who work for the Grimes Parks and Rec.</p>
Penalties:	<p>.Before the Play Develops- 5 yard penalties- Offsides or Illegal Motion, Illegal rush of the Defense, Delay of Game (Max of 45 seconds between plays.). Penalty enforced with a replay of the down.</p> <p>-During Play- 10 yard penalties- Interference, Illegal contact, pass interference</p> <p>-All penalties will be assessed from the line of scrimmage. Penalty and loss of down.</p>
Standings:	<p>Standings will be kept at the Tournament Director's Table/Concession Stand. Teams play everyone in their pool. Winners of each pool go on to the 2nd round. In case of a tie, the criteria to determine the winner of the pool would be (a) head to head, (b) total point differential, (c) most amount of points scored, (d) least amount of points scored, in that order.</p>
Awards:	<p>Medals will be given to the top 2 teams in the tournament.</p>

Grimes Parks and Rec Office ~ 410 SE Main St. in Grimes